

EDGEWATER



MAYORS FITNESS CHALLENGE™



**10 WEEKS OF FUN
FITNESS ACTIVITIES**



**SPONSORED BY
THE CITY OF EDGEWATER
SOUTHEAST VOLUSIA YMCA**



**FOR MORE INFORMATION:
EDGEWATER LEISURE SERVICES 386-424-2400
Or find us on Facebook at Mayors Fitness Challenge Edgewater**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE MOVEMENT

OUR MEMBERS HAVE ACCESS TO:

- › All YMCA Family Centers in Volusia County.
- › Nationwide YMCA privilege through the AWAY program
- › Weekly wellness and fitness classes
- › State-of-the-art strength and cardio equipment
- › Exclusive member rates and registration for child care, youth sports, swim lessons, day camp and much more
- › A network of thousands of friends who share the same passion

Financial assistance is available to those who qualify. To learn more, please visit or call your local Y.



Scan to find a location near you.



STRENGTHENING THE FOUNDATIONS OF COMMUNITY
VOLUSIA FLAGLER FAMILY YMCA | VFYMCA.org

**STAY
CONNECTED**





March 06, 2015

Welcome to the 1st Annual Mayors Fitness Challenge!

We are extremely excited to host this fun, fitness 10-week event. Every citizen, no matter what your condition, is encouraged to sign up and get involved.

Our country and many of the citizens of our great city are struggling with the obesity and sedentary crisis. The Mayors Fitness Challenge will help you 'jump start' your road leading to a fit and healthy lifestyle.

Once you officially sign up, you will be asked to "weigh in" to establish your baseline. Then, we will offer you a series of fun, fitness activities for a 10-week period to keep you engaged and active. You should also work out on your own.

In this brochure, you will see many tips and tools to help you with your journey, use them all. We have also included both a food and fitness log for you to document your day by day progress.

Thanks to our many sponsors who have made the Mayors Fitness Challenge a reality. We would also like to thank PHIT America, a non-profit cause, who has supplied many of the tools and ideas we used to implement the Mayors Fitness Challenge. We encourage everyone to visit www.PHITAmerica.org to learn more about this organization.

Sincerely,

Mike Ignasiak

Mike Ignasiak
Mayor
Mayor@cityofedgewater.org

Office of the Mayor
P.O. Box 100 • Edgewater, FL 32132-0100
(886) 424-2400, Option #1 & Ext. 1101 • Fax (886) 424-2410
www.cityofedgewater.org



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY



Calendar of Events

Week 1

April 25, 2015 Saturday 10:00 a.m.

Meet the Coach-SEV YMCA

April 26, 2015 Sunday 8:00 a.m.

SEV YMCA 5K

April 27, 2015 Monday 6:15 p.m.

Body Combat

Week 2

May 2, 2015 Saturday 7:30—9:30 a.m.

Initial fasting assessments @ Bert Fish
Schildecker Lobby

May 2, 2015 Saturday 10:00 a.m.

Boot Camp

May 6, 2015 Wednesday 7:30 p.m.

CXWorx

Week 3

May 9, 2015 Saturday 8:30 a.m.

Boot Camp

May 13, 2015 Wednesday 6:30 p.m.

Zumba

Week 4

May 16, 2015 Saturday 8:30 a.m.

Boot Camp

May 20, 2015 Wednesday 5:30 p.m.

Yoga

Week 5

May 23, 2015 Saturday 8:30 a.m.

Boot Camp

May 29, 2015 Friday 5:30 p.m.

HIIT

Week 6

May 30, 2015 Saturday 8:30 a.m.

Boot Camp

June 1, 2015 Monday 6:30 p.m.

Zumba

Week 7

June 6, 2015 Saturday 8:30 a.m.

Boot Camp

June 8, 2015 Monday 6:15 p.m.

Body Combat

Week 8

June 13, 2015 Saturday 8:30 a.m.

Boot Camp

June 15, 2015 Wednesday 7:30 p.m.

CXWorx

Week 9

June 20, 2015 Saturday 8:30 a.m.

Boot Camp

June 24, 2015 Wednesday 6:30 p.m.

Week 10

June 27, 2015 Saturday 7:30—9:30 a.m.

Final fasting assessments @ Bert Fish
Schildecker Lobby

June 27, 2015 Saturday 10:00 a.m.

Boot Camp

Banquet Scheduled for

June 27, 2015

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY



Healthy Lifestyle Contest

Purpose

The Mayor's Fitness Challenge is a 10-week "self improvement" contest to help motivate participants to improve his/her health and to lose unwanted body fat. The contest is based upon how much a participant improves their body from the initial assessment (blood pressure, BMI, heart rate, weight, body fat analysis, blood work for cholesterol & triglycerides). The individual Male and Female who improves their health and fitness the most will win \$1000!

When and where does it start and end?

The contest begins on Saturday, April 25, 2015 at the Southeast Volusia YMCA in Edgewater. Participant check-in and coach assignment will be given out at this time. The final event of the contest will be on Saturday, June 27, 2015.

Team Concept with Healthy Lifestyle Coach

Registration fee of \$99 for YMCA members and \$145 for non-members will enter the participant in the individual contest and he/she will be part of a team of up to ten participants that will be assigned a Healthy Lifestyle Coach. The coach and the team will meet each week to help motivate and hold each other accountable throughout the contest.

Winning the Individual Contest

The individual contest is based on three components and they are all weighted equally.

The first is how much the outer part of the contestant's body changes. This means how much body fat, body weight and inches were lost over the ten weeks.

The second component is how the inner part of the contestant's body changes. This is based on the blood work (cholesterol, triglycerides and blood glucose) and how much improvement is made over the 10 weeks.

The final component comes from the heart. This contest is not only for you, but also for the people you will inspire. This is shown through a success story that explains your experiences and results (physically, mentally and emotionally) during this contest.



PHITAMERICA.ORG

Register for Event



PHITAMERICA.ORG

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY



Name: _____

Fitness Evaluation

Baseline

Final

Date: _____

Date: _____

Age		
Gender		
Height (inches)		
Weight (lbs)		
Body Fat %		
Lean Muscle (lbs)		
Resting Heart Rate		
Blood Pressure		
Resting Metabolic Rate		

Circumference Measurements (inches)

Hip		
Waist		
Total Inches Lost		

Blood Work

Cholesterol (LDL)		
Cholesterol (HDL)		
Total Cholesterol		
Triglycerides		
Blood Glucose		

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY



MEET THE 10 WEEK CHALLENGE— GET FIT & HEALTHY

Before Picture

After Picture

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE



Weekly Food Log

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Item	Cal	Item	Cal	Item	Cal	Item	Cal	Item	Cal	Item	Cal	Item	Cal
Total														
Snack														
Dinner														
Lunch														
Breakfast														

A SMART Guide To Goal Setting

HAVE YOU DECIDED THAT IT'S TIME TO MAKE A CHANGE BUT AREN'T SURE HOW TO GET STARTED? OR HAVE YOU ALREADY SET MORE GOALS FOR YOURSELF THAN YOU CARE TO ADMIT-BUT KEEP FAILING TO REACH THEM?

It's time for a new way of thinking. No matter how big or small your goal-whether it's losing 5 or 50 pounds, walking a mile or running your first marathon-making change requires planning and SMART goal setting. Follow these guidelines to setting SMART goals and you will be surprised at what you can do:

- 1. Specific.** Your goal should be clear and easy to understand.
 - A common goal, "get healthy," is too general. There are so many ways to get healthy. How do you want to do it? Is it losing weight?
 - Let's pick weight loss and make a SMART goal out of it together. For example, "I will lose weight."
- 2. Measurable.** A goal to "lose weight" is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number.
- 3. Attainable.** Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is also not very motivating. Only you know your limits.
 - Let's take our goal above. What percentage is attainable for you? Research suggests that a 5-10% weight loss is attainable for most overweight people.
 - A measurable, attainable goal could be, "I will lose 7% of my body weight."
- 4. Relevant.** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain-that isn't very motivating.
 - Examine our goal so far. Does it seem relevant to you? If so, let's keep going. If you are not concerned about weight loss or this is not a good time in your life to focus on that, choose something that IS motivating to you.
- 5. Time-bound.** Include an end-point. Knowing that you have a deadline motivates you to get started.
 - Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly.

Now we have a SMART goal! With a goal like this, it's a good idea to set a few more action-oriented SMART goals so that you have a game plan.

Becoming a better version of you starts by being SMART!

Eating to Optimize Your Workout

EATING BEFORE YOU WORKOUT

Eat enough in advance so that you are not working out on a full stomach, but not so far in advance that you are hungry or starting your workout with lowered blood sugar levels. Working out on a full stomach can cause an upset stomach as blood is diverted away from the stomach to the working muscles. Working out on an empty stomach can cause you to feel dizzy and nauseated due to lowered blood sugar levels. Eating before exercise increases blood sugar levels-this reduces fatigue, improves performance and extends exercise duration.

EASY TO DIGEST CARBOHYDRATE-RICH FOOD ARE IDEAL

Good food choices include: grain products (bread, cereal and bagels), hot and cold cereal, pasta, potatoes, rice, yogurt, fruit and energy bars. Fruit juices, 1% fat milk, and sports drinks are good carbohydrate-rich fluids.

Eat palatable, familiar, well-tolerated foods. Eating food you're not used to before exercising can upset your stomach.

The size of your meal should be reduced the closer to exercise it is consumed. Wait several hours after eating a regular-sized meal before exercising heavily to permit adequate digestion. High fat items may delay stomach emptying and digestion-avoid fried foods, bacon, sausage, and cheese prior to working out. Limit high fiber food (bran cereals and beans) before exercise to avoid abdominal cramping and a possibly urgent trip to the bathroom.

The best pre-workout meal and timing for an individual depends on personal preferences, experience and eating habits that day.

EATING AFTER YOUR WORKOUT

Your body needs refueling and support for muscle recovery! To replace muscle glycogen stores (your muscle fuel), consume 20-50 grams of carbohydrate (100-200 calories) within 30 minutes after an intense bout of exercise. Grain products, 1% fat milk, energy bars, and sports drinks are good carbohydrate choices. After resistance or aerobic training, a meal containing a small amount of high-quality animal protein (1 egg, 1 ounce of meat, 1 carton of 1% fat yogurt) is ideal to promote muscle protein repair and/or muscle growth. A typical snack or light meal: turkey sandwich w/light mayo, pear, glass of water

Mixed meal that contain carbohydrate and lean protein sources are a good choice to keep energy levels up the rest of the day. Choose good potassium sources like fruits, vegetables, whole grains and milk.



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

Keeping a Food Journal

A FOOD JOURNAL (ALSO CALLED A FOOD LOG OR DIARY) IS A RECORD OF EVERYTHING THAT YOU EAT AND DRINK DURING A 24 HOUR PERIOD. A GROWING AMOUNT OF RESEARCH HAS SHOWN THAT PEOPLE WHO KEEP A FOOD JOURNAL ARE THE ONES WHO LOSE THE MOST WEIGHT AND KEEP IT OFF THE LONGEST.

1. Record everything that you eat and drink. Not only do your main meals matter, but your drinks, snacks, and nibbles do too. The handful of crackers while packing the kids' lunches, the cookie from the break room at work, and that glass of wine after dinner can all add up in a big way. When you keep track of every bite and sip, you become more aware of calories that sneak in throughout your day.
2. Be as specific as possible. Include whether foods were part of a meal or snack, the time it was eaten, how it was cooked, and if anything was added (such as dressings, condiments, salt, etc). Record food and drinks right after consumption so that you don't forget the details.
3. Include amounts or serving sizes. Most of us overestimate serving sizes. Pay attention to how much food is actually in a serving and record how much you are eating.
4. Pay attention to your hunger level. Record your hunger level before eating (0= not hungry at all, 10= starving). This can help you learn if you are eating because you are hungry or for other reasons such as boredom, happiness, or anger.
5. Describe your mood or thoughts before eating or drinking. Pay attention to how you feel as you are eating. Are you rewarding or punishing yourself with food? Are you feeling shame or guilt? Write these thoughts down as you become aware of them.
6. Make recording food intake a daily habit. If you can't track your food intake every day, do it on most days of the week and especially on days that you are prone to over-eating or making less healthy food choices.
7. Choose the format that fits your lifestyle. Your food journal can be kept in a notebook, a computer spreadsheet, on a website, or by using a phone "app." Several of the internet programs have a large database of foods to choose from so that you may easily keep track of calories and other nutritional information.
8. Find an accountability partner. It is helpful to find someone with whom you can "check-in" on a regular basis. Choose a supportive, non-judgmental friend, family member, co-worker, health coach, personal trainer, etc.
9. Check out online resources and apps. Many online programs and apps are available to help make food journaling easier.

If the thought of keeping a food journal seems impossible to you, try breaking it up into small pieces. Start by recording your basic food intake for a few days. Once you have mastered this, start paying attention to how many servings you eat. Add more details to your journal as you become more comfortable with the process.



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY



Healthy Hydration

Water Basics

Water is one of the most essential components of the human body. Water regulates the body's temperature, cushions and protects vital organs, and aids the digestive system. Water not only composes 75 percent of all muscle tissue and about 10 percent of fatty tissue, it also acts within each cell to transport nutrients and dispel waste. And, because water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

Water Loss

Necessary to the healthy function of all internal organs, water must be consumed to replace the amount lost each day during basic activities. In 2004 the Food and Nutrition Board released new dietary reference intakes for water. It is recommended that women consume 2.7 liters (91 oz) daily and men consume 3.7 liters (125 oz) through various beverages (80%) or in food (20%). Active individuals need even more, particularly if they're exercising in hot weather. This is especially important during the 24 hours prior to vigorous exercise. You can meet your body's water needs over the course of a day through a variety of fluids and foods including juices, soda, smoothies, tea, lemonade, soups, fruits and vegetables.

In one hour of exercise the body can lose more than a quart of water, depending on exercise intensity and air temperature. If there is not enough water for the body to cool itself through perspiration, the body enters a state of dehydration.

Dehydration

For regular exercisers maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue and loss of coordination. Even small amounts of water loss may hinder athletic performance. In a dehydrated state the body is unable to cool itself efficiently, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water the body will lack energy and muscles may develop cramps.

To prevent dehydration, exercisers must drink before, during and after the workout.

Hydration Hints

Drink 17-20 ounces of water two to three hours before the start of exercise.

Drink 8 ounces of fluid 20 to 30 minutes prior to exercise or during warm-up.

Drink 7-10 ounces of fluid every 10 to 20 minutes during exercise.

Drink an additional 8 ounces of fluid within 30 minutes after exercising.

Drink 16-24 ounces of fluid for every pound of body weight lost after exercise.

Hint: Rehydration occurs faster in the presence of sodium, regardless of whether this is provided in a sports drink.

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE



Weekly Food Log

[illegible]

Transform Your Grocery Shopping Experience

- **Plan what foods you will need for the whole week.** Choose recipes and snacks for each day. Use the USDA's SuperTracker tool to track the health value of your meal plan.
- **Make a grocery list—and follow it!** Take the time to write down the items you need for the week, and try your best to not stray from your list.
- **Save money by cutting coupons.** Cut coupons for items on your list and peruse the grocery store mailer. This will help you save money and prevent you from being tempted by too many “on sale” items that are not on the list.
- **Don't go to the store hungry, rushed, or after a workout.** You've probably heard this one before, but do you follow it? When you shop in any of these situations, you are likely to spend more money and buy less healthy food.
- **Shop the perimeter of the store.** Not to say that you can't go in those center aisles—many healthy essentials are found there, including whole grains and canned vegetables – but generally, the highly processed foods are shelved in the center aisles and the healthier items are located around the perimeter.
- **Bring the kids along.** Teach them about healthy, balanced eating and engage them in the process of selecting, purchasing and preparing food. Each child should choose a fruit and vegetable for the week, increasing the chances that they'll actually eat what you offer them.
- **Avoid purchasing unhealthy foods marketed at children.** Don't give in to pleas for junk food items (usually loaded with sugar, salt and/or additives).
- **Be wary of the propaganda!** Ignore front-of-package labels and get in the habit of reading the nutrition facts and ingredient lists to make sure you are getting high-quality food items. While not exactly propaganda, grocers strategically place perishable items with earlier sell-by dates in the easiest to see areas and fresher items at the back of shelves.
- **Avoid impulse purchases in the check-out line.** Grocery stores purposefully place items like gossip magazines, candy and chips at the check-out line in hopes that you will make an impulse buy.
- **Strategically put the groceries away.** When putting the groceries away, place the healthiest items in easy-to-see-and-reach places and the less healthy stuff in hard-to-see-and-reach places.

Portion Control

HOW MUCH IS TOO MUCH?

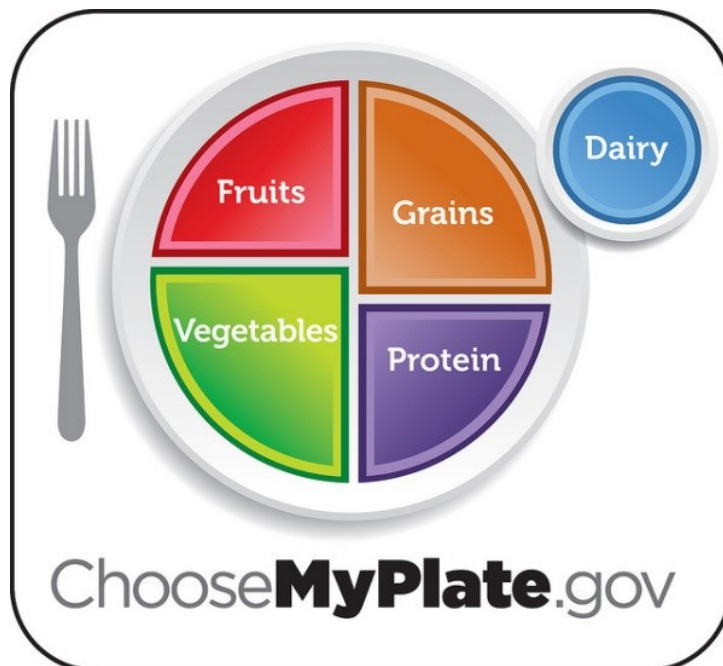
Controlling portions has never been more difficult with larger and larger amounts being heaped on the plate these days. Super-sized meals are becoming the norm and our stomachs are getting used to it, even expecting it. Gone are the days of clearing one's plate to avoid waste. Now, enjoying huge portions is usually a habit of getting your money's worth or an "I deserve it" attitude.

IDEAS TO LIMIT VOLUME

- Use smaller plates and bowls to make your helping seem larger when served
- Fill up on vegetables so you don't have room for larger entrée servings
- Serve ice cream into a tea cup instead of bowl
- Dish out a handful of chips and put the bag away
- IF you buy raw meat by the pound, divide into 4 servings before cooking
- For deli meats, divide a pound into 5 equal servings

PORTION SIZES

- ½ cup is about the size of half a baseball (pudding cup)
- 1 cup is roughly the size of a small fist (yogurt container, orange)
- 1 oz is about the size of your pinky or a 1-inch cube (cheese stick or sandwich slice)
- 3 oz is roughly the size of a deck of cards (small burger patty or chicken breast)
- 6 oz looks like a restaurant burger, split chicken breast or typical lunch portion
- 4 fl oz is the amount in a kid's milk carton
- 12 fl oz is the amount in a standard can of soda



Eat more fruits
Eat more vegetables
Make half your grains whole grains
Go lean with protein
Switch to fat free or low fat milk



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

Successful Weight Control

EATING LESS, OR CUTTING BACK ON FAT IN YOUR DIET, WON'T KEEP THE WEIGHT OFF. WHAT YOU REALLY NEED TO DO IS STRIKE A GOOD BALANCE BETWEEN THE NUMBER OF CALORIES YOU CONSUME AND THE NUMBER YOU BURN. AND THE ONLY WAY TO DO THAT IS TO EXERCISE.

ONE CHOICE IS AEROBIC EXERCISE

With aerobic exercise, you can lose weight without drastically reducing the calories you consume or sacrificing important nutritional needs. One reason for this is that aerobic exercise not only elevates your metabolism while you're exercising, but it can also keep it elevated even after you're done, depending on how long and how strong you exercise. You've probably heard about exercise programs that actually turn your body into a "fat-burning machine." Aerobics can do that. An aerobic program that you stick with can help you lose weight more easily because it can stimulate your body and make it burn calories. If weight control is your goal, some types of aerobic activity will work better than others. Low-impact aerobic exercise, like walking, step aerobics and low-impact aerobic dance, is your best bet. Some good non-impact aerobic activities you can benefit from include swimming, bicycling and rowing. If you're just getting started, begin with as little as 15 minutes of low impact aerobics three times a week. Gradually increase to 30 minutes of moderate-intensity aerobic activity four times a week.

STRENGTH TRAINING = WEIGHT MANAGEMENT

Your muscles burn calories during physical activity. What you may not know is that your muscles also burn calories when your body is at rest. Increase your muscle mass, and you'll be increasing your body's capacity to burn calories both during activity and at rest. Add to that the fact that diets which substantially restrict calories can cause the loss of lean muscle mass, along with the loss of fat. By incorporating strength training into your activity program while also following a moderate diet, you'll be able to maintain lean muscle mass while you lose fat. Start any strength-training program with one set of exercises and a weight that allows you to complete eight to 12 repetitions. Your program should exercise your legs, trunk, shoulders, arms, chest and upper back. When strengthening your abdomen and lower back, increase the number of repetitions with weights that offer less resistance.

SUCCESS MEANS GOOD EATING AND GOOD EXERCISE

Follow a moderate low-fat diet and an exercise program that combines aerobic activity and strength training. That's the key to losing weight—and keeping it off. Begin slowly with exercises you find comfortable and build as your body becomes accustomed to the activity level. Don't start out too hard or too fast, or you may injure yourself or quit before you've done yourself much good. And remember, you can't lose weight overnight. Set a realistic weight-loss goal for yourself—like 1 to 2 pounds a week—eat healthy and get going on a program of regular physical activity, and you'll be delighted by what you accomplish. Maintaining a lower, healthier body weight is something you can accomplish. ***So start now and keep on going!***

Small Steps To Increase Physical Activity

*REGULAR PHYSICAL ACTIVITY IS ESSENTIAL FOR GOOD HEALTH AND HAPPINESS. PEOPLE WITH VERY ACTIVE JOBS (I.E. CONSTRUCTION WORKER, MAIL CARRIER) AND THOSE WHO FREQUENTLY EXERCISE TYPICALLY REACH THE WEEKLY RECOMMENDED ACTIVITY LEVEL OF 150 MINUTES. * HOWEVER, THE MAJORITY OF AMERICANS DO NOT REACH THIS AMOUNT BECAUSE THEY EITHER HAVE LESS ACTIVE JOBS OR ARE SIMPLY NOT READY TO COMMIT TO AN EXERCISE ROUTINE (OR BOTH).*

If you need to be more active, make sure that you are always on the lookout for little ways to move more. Here are 28 small ways to increase physical activity throughout your day:

1. Take the stairs instead of the elevator
2. Park farther away from the front door
3. Stand instead of sitting (this burns more calories)
4. Take a walk on your lunch break
5. Walk or bike to your destination instead of driving
6. Sit on an exercise ball at your desk instead of a chair (this builds core strength)
7. Do stretches or ride a stationary bike while watching TV
8. During commercial breaks do abdominal crunches, jumping jacks or pushups
9. Take a 10 minute walk in the morning and/or evening
10. Play outside with your kids
11. Walk or run as your kids ride their bikes
12. Instead of sitting, walk around while watching your child's sporting event
13. Take your dog for a walk (if you already do this, try making the walk longer or faster)
14. Do squats or lunges while waiting for your food to cook in the microwave
15. Do a few squats while brushing your teeth
16. Do calf raises while getting ready in front of the bathroom mirror
17. Take a walk when you are frustrated or bored (instead of eating)
18. Plant a garden
19. Maintain your garden (weeding, pruning, etc.)
21. Go for a walk with a friend instead of meeting for coffee
22. Have "walking meetings" at work when meeting with small groups of people
23. Keep hand weights at your desk. Do bicep and tricep exercises while on phone calls
24. Turn on the music and dance around the house
25. Do house work regularly
26. Wash the car by hand instead of the drive-through car wash
27. Walk through your golf game instead of driving a cart
28. Wear a good quality pedometer and aim for 10,000 steps per day



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

Energize Your Life with Strength Training

Are you living the life you want to live? Is a decrease in your physical strength and energy getting in the way of enjoying your favorite activities? Regular cardiovascular exercise is a well-known way to preserve stamina and to prevent chronic disease that can slow you down. But an increasing number of older adults practice strength training (using resistance bands, weight machines, body weight, or lifting weights) as an effective health-boosting strategy. Men and women of any age can benefit from strength training. Having a chronic medical condition doesn't mean you can't do strength exercises. If you're living with heart disease, arthritis or diabetes, strength training may even help improve your condition.

Are You Losing Muscle Tissue?

Experts point out that many of the changes associated with getting older are actually due to becoming less active with age. Unless you regularly engage in activities to strengthen your muscles, you'll lose about a half a pound of muscle a year in your 30s and 40s, and that rate can double once you turn 50. As you lose muscle, you lose strength, and that compromises your ability to do even simple things, such as carrying your groceries, getting up from a seated position or gardening. Your metabolism also slows down as you lose muscle, so your body will need fewer calories to maintain itself, and you're likely to gain excess body fat, unless you eat less. And excess fat contributes to a multitude of health problems: heart disease, type 2 diabetes, high blood pressure, and high cholesterol.

14 Good Reasons to Strength Train

1. Maintain your independence as you get older
2. Improve your quality of life, allowing you to do the things you enjoy with less effort
3. Strengthen and preserve your muscle tissue
4. Strengthen your bones
5. Reduce your risk of falling
6. Improve control of blood sugar
7. Increase your metabolism
8. Improve your body composition to less fat and more muscle
9. Reduce your resting blood pressure
10. Speed up the rate at which food moves through your digestive system, reducing risk of colon cancer
11. Reduce your risk of low back injury
12. Elevate your mood and your self-confidence
13. Relieve pain from osteoarthritis and rheumatoid arthritis
14. Enhance recovery from stroke or heart attack

How to Get Started

The Centers for Disease Control and Prevention recommend strength training on two or more days a week with exercises that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

Because everyone's needs and limitations are different, talk to your health care provider before you begin strength training. Find out, if there are specific activities you should avoid, or any special precautions to follow. While strength training offers serious health benefits, improper form or technique can lead to injuries.

Strength Training 101

You do not need to be a bodybuilder to benefit from strength training. A well-designed strength-training program can provide the following benefits:

- *Increased strength of bones, muscles and connective tissues (the tendons and ligaments)*—this increased strength decreases the risk of injury.
- *Increased muscle mass*—most adults lose about one-half pound of muscle per year after the age of 30, largely due to decreased activity. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate, or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.
- *Enhanced quality of life*—as general strength increases, the performance of daily routines (carrying groceries, working in the garden) will be less taxing.

The Core Curriculum

Many exercises can be combined into a program that works all the major muscle groups. Neglecting certain groups can lead to strength imbalances and postural difficulties.

You may also wish to consult with a certified fitness professional to learn safe technique before beginning a strength-training program. One set of eight to 12 repetitions, working the muscles to the point of fatigue, is usually sufficient. Breathe normally throughout the exercise. Lower the resistance with a slow, controlled cadence throughout the full range of motion. Lifting the weight to a count of 2 and lowering it to a count of 3 or 4 is effective.

When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance by 5 to 10% to continue making safe progress.

Staying Motivated

An encouraging aspect of strength training is the fact that you'll likely experience rapid improvements in strength and muscle tone right from the start of your program. Don't be discouraged, however, if visible improvements begin to taper off after a few weeks. It's only natural that, as your fitness level improves, improvements in strength and appearance will come at a slightly slower pace. To help keep your motivation up, find a partner to train with you. Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts. Training more frequently or adding more sets may lead to slightly greater gains, but the minimal added benefit may not be worth the extra time and effort (not to mention the added risk of injury).

Vary Your Program

Machines and free weights are effective tools for strength training, and a combination of the two is generally recommended. Utilizing both machines and free weights provides exercise variety, which is important for both psychological and physiological reasons. Variety not only reduces boredom, but also provides subtle exercise differences that will enhance progress. The benefits of strength training are no longer in question. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis. A safe strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

Too Much of a Good Thing

A little exercise is good for you, so more must be better, right? Well, sometimes. And sometimes more is just that—more. There comes a point of diminishing returns or, worse, a point where your body says “Enough!”

Everyone reaches this point at different times. Triathletes, for example, are able to withstand the rigors of three-sport training—running, cycling and swimming—at levels unthinkable to most. For others, an extra step class or hitting the weights too hard can put them over the top. In the quest for better health and fitness, it is sometimes difficult to quell one’s enthusiasm and take a break from exercise. But if exercise is leaving you more exhausted than energized, you could be suffering from an acute case of overtraining.

Know the Signs

It’s important to be able to recognize the signs of overtraining before they become chronic. Physical signs of overtraining include:

- Decreased performance
- Loss of coordination
- Prolonged recovery
- Elevated morning heart rate
- Elevated resting blood pressure
- Headaches
- Loss of appetite
- Muscle soreness/tenderness
- Gastrointestinal disturbances
- Decreased ability to ward off infection
- Increased incidence of musculoskeletal injuries
- Disturbed sleep patterns

Keep in mind that not all of the signs of overtraining are physical. Much like regular exercise has a positive effect on mood and stress levels, too much exercise can do just the opposite, leaving the exerciser irritable and depressed, particularly as the quality of the workouts declines. Psychological and emotional signs of overtraining include depression, apathy, difficulty concentrating, emotional sensitivity and reduced self-esteem.

Sneaker Savvy

GUIDELINES FOR BUYING SHOES

Multipurpose shoes such as cross trainers may be a good alternative for those who participate in several sports or activities, such as cardiovascular and weight training, in a single workout. Ideally, you should look for a specialty athletic shoe store with a good reputation in your community. People with high-arched feet tend to require greater shock absorption than those with a normal-arched foot. People with high-arched feet also suffer from lateral instability and are more prone to ankle sprains. Conversely, people with low-arched (“flat”) feet require shoes with less cushioning, but greater support in the mid-foot region and better heel control.

Test the shoes for basic stability:

- Grab the shoe at the ball and heel. Bend the shoe from front to back. The shoe should bend right near the ball of the foot, because that’s your foot’s natural hinge point, but the shoe must not be too flexible.
- At the heel of the shoe, find the “heel counter,” a stiff cup sewn into the back of the shoe to provide heel support. Squeeze this cup into the shoe. It should be very stiff and not easily collapse inward.
- Hold the shoe at each end and twist it. A shoe that offers good lateral support to the foot should only twist a little bit.
- Place the thumb of one hand inside the heel of the shoe and the other hand under the sole of the shoe near the heel. Compress your hands together to feel the amount of cushioning offered by the shoe. The more compression you feel, the more shock absorption the shoe offers.

FIT TIPS

- Get fitted for footwear toward the end of the day. It’s not unusual for an individual’s foot to increase by half a shoe size during the course of a single day. However, if you plan to exercise consistently at a specific time, consider getting fitted at that exact time.
- Allow a space up to the width of your index finger between the end of your longest toe and the end of the shoe.
- The ball of the foot should match the widest part of the shoe and you should have plenty of room for your toes to wiggle without experiencing slippage in the heel.
- Shoes shouldn’t rub or pinch any area of your foot or ankle. Rotate your ankles when trying on shoes, and pay attention to the sides of your feet and the top of your toes, common areas for blisters.
- Wear the same weight of socks that you intend to use during activity

***Athletic shoes will lose their cushioning after three to six months of regular use
(or 350 to 500 miles of running)***



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE



GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE

The 10 Consequences of Obesity & Sedentary Lifestyles

The Center for Disease Control, CDC, reports that as weight increases reaching overweight and obese levels, the risks for the following conditions increase:

1. Coronary heart disease
 2. Type 2 diabetes
 3. Cancers (endometrial, breast, and colon)
 4. Hypertension (high blood pressure)
 5. Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
 6. Stroke
 7. Liver and Gallbladder disease
 8. Sleep apnea and respiratory problems
 9. Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Gynecological problems (abnormal menses, infertility)

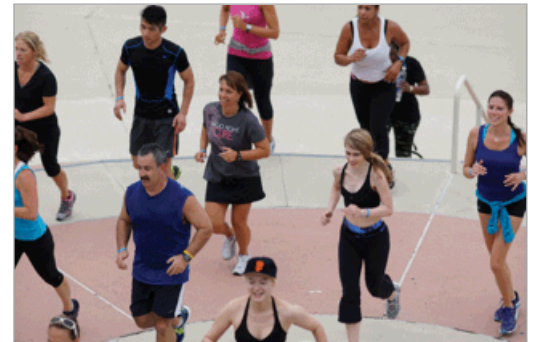


10 Benefits of Exercise and Being Fit

The CDC states regular physical activity can help:

1. Control your weight
2. Reduce your risk of cardiovascular disease
3. Reduce your risk for type 2 diabetes and metabolic syndrome
4. Reduce your risk of some cancers
5. Reduces your risk for high blood pressure
6. Strengthen your bones and muscles
7. Improve your mental health and mood
8. Reduces the risk of depression and anxiety
9. Improve your ability to do daily activities and prevent falls

Increase your chances of living longer



ACSM Recommendations on Quantity & Quality of Exercise

The American College of Sports Medicine (ACSM) has just released new recommendations on the quantity and quality of exercise for adults, definitively answering the age-old question of how much exercise is actually enough. Consistent with the 2008 Physical Activity Guidelines for Americans, ACSM's overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise each week.



The basic recommendations—categorized by cardiorespiratory exercise, resistance exercise, flexibility exercise and neuromotor exercise—are as follows:

Cardiorespiratory Exercise

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.
- People unable to meet these minimums can still benefit from some activity.





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

The Benefits of Physical Activity



Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, like brisk walking, is generally **safe for most people**.



Energy Balance

Energy balance is important for maintaining a healthy weight. The amount of energy or calories you get from food and drinks (energy IN) is balanced with the energy your body uses for things like breathing, digesting, and being physically active (energy OUT):

- The same amount of energy IN and energy OUT over time = weight stays the same (energy balance)
- More energy IN than OUT over time = weight gain
- More energy OUT than IN over time = weight loss
- To maintain a healthy weight, your energy IN and OUT don't have to balance exactly every day. It's the balance over time that helps you maintain a healthy weight.
- You can reach and maintain a healthy weight if you:
- Follow a healthy diet, and if you are overweight or obese, reduce your daily intake by 500 calories for weight loss
- Are physically active
- Limit the time you spend being physically inactive



MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE





Weekly Food Log

[illegible]

Physical Activity for a Healthy Weight



Why is physical activity important?

Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps to—

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

How much physical activity do I need?

When it comes to weight management, people vary greatly in how much physical activity they need. Here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

Continuing Your Journey Living a Fit & Healthy Lifestyle

After the Mayors Fitness Challenge is finished, continue to push yourself, stay active and fit. A great resource for continued fitness and healthy living tips can be found at ACEFitness.org.

Visit ACEFitgoal.com to set personal goals, update your progress with photos and comments and stay motivated with continual encouragement from your peers. You can also access challenges to help you accomplish bite sized fitness goals for a chance to win prizes like gear, home equipment and apparel. The encouragement you'll receive from others on ACEFitgoal.com will build the confidence you need to keep going. And it will help you use that confidence to achieve goal after goal, day after day.

Trying to do a workout routine that isn't tailored to your personality is a lot like wearing someone else's clothes—it just doesn't fit right. But how can you be sure what types of activities are right for you? Use ACE's online personality quiz at facebook.com/ACEfitlife to learn if you're a social butterfly, go-getter, planner or adventurer, and discover which workouts will keep you coming back for more.





MAYORS FITNESS CHALLENGE-GET FIT & HEALTHY

Weekly Workout Log



DAY	CARDIO					STRENGTH			
MONDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
TUESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
WEDNESDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
THURSDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
FRIDAY	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt
SAT/SUN	Type	Time	Distance	Level	HR	Targeted Muscle(s)	Sets	Reps	Wt

GET FIT & HEALTHY-MEET THE 10 WEEK CHALLENGE



Weekly Food Log

[illegible]



NOTES

[illegible]



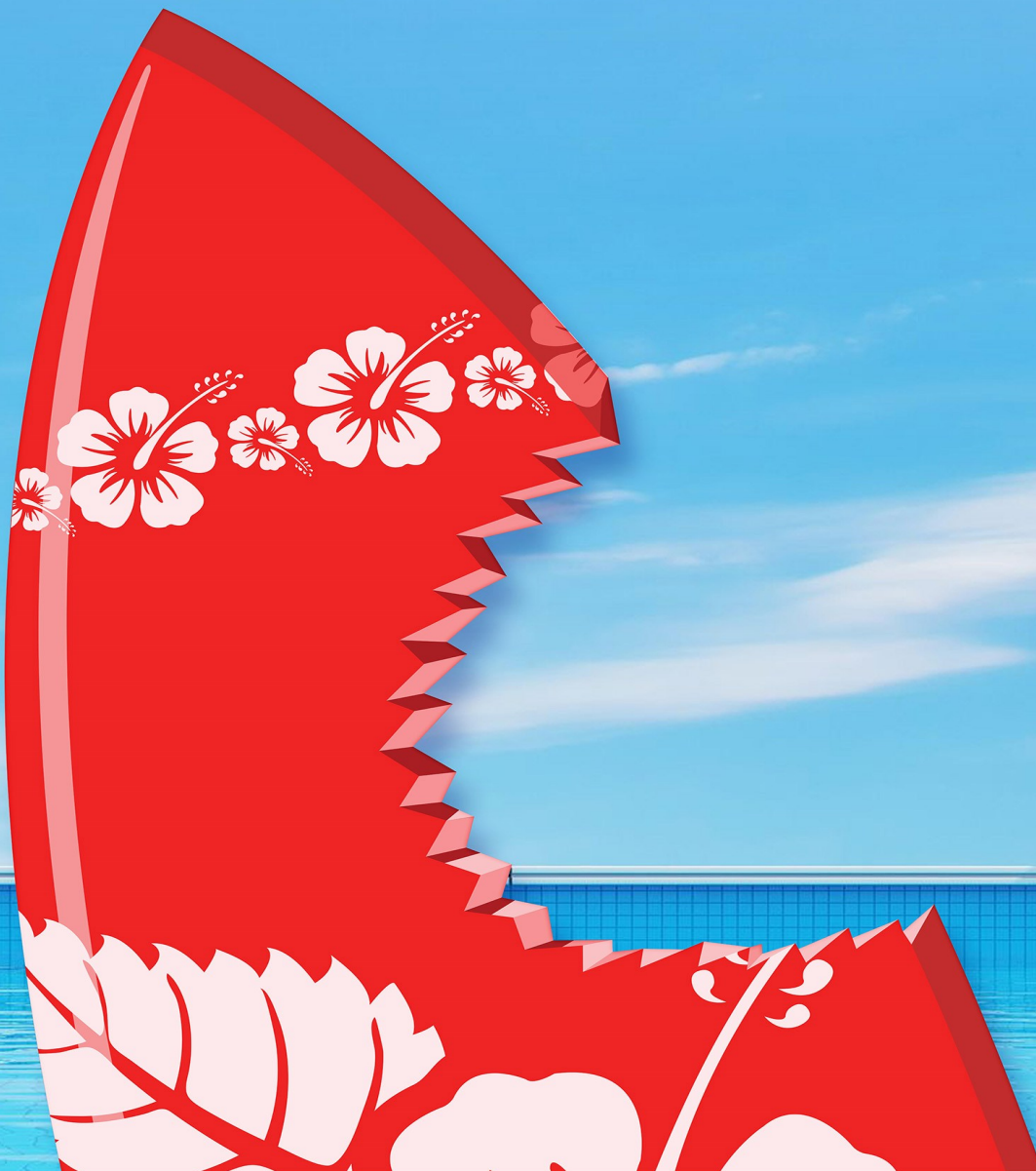
NOTES

[illegible]

BERT FISH

MEDICAL CENTER

Emergency Care When You Need Us



www.BertFish.com

386-424-5000 | 401 Palmetto St. | New Smyrna Beach